

# My Health Diary

## M Y S E L F

*This book belongs to:*

My Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ (Night): \_\_\_\_\_

My Baby's Father's Name: \_\_\_\_\_

Health Care Provider (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

My Baby's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

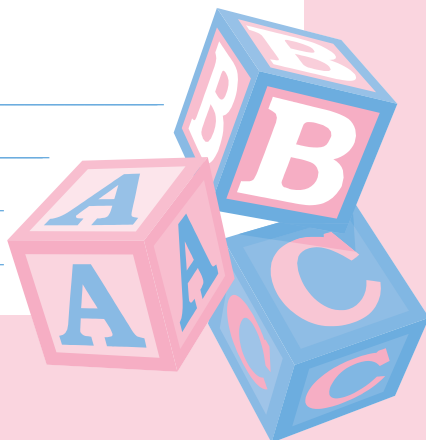
## M Y B A B Y

My Baby's Health  
Care Provider (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_





Community Health Nurse: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

Other Health Care Providers (Name): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Office/Clinic Hours: \_\_\_\_\_

Other Important Phone Numbers:

Emergency: \_\_\_\_\_

Hospital: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Neighborhood Pharmacy: \_\_\_\_\_

Food Assistance: \_\_\_\_\_

Housing Assistance: \_\_\_\_\_

Legal Aid: \_\_\_\_\_







# Introduction

This book was developed to help you have a healthy baby. It was designed for you to use while you are pregnant and to help you keep track of your baby's health and growth.

You can read it cover to cover at one time. You can look up certain information on the Contents page. You can start using the book at any time. But the best way is to use it with your health care provider all through your pregnancy and your baby's first two years.

Starting prenatal care early and continuing care is important for you, your baby and your family. Taking your baby for regular checkups is important for your baby's health; the advice from your baby's health care provider can help you become a good parent. This book will help you keep track of you and your baby's health care appointments.

There are many other books that can give you good advice about pregnancy and about caring for a new baby. Your local library and book stores are places you can find such books. Your health care provider may give you useful books and pamphlets.

But what makes this book special is you and your doctor.

- Take it with you every time you go for health care.
- Take it with you every time your baby goes for health care.
- Write in it any questions or concerns you have.
- Write the advice you get from your health care provider.
- Share it with your health care provider.
- Have your doctor write in it.
- Record your weight gain during pregnancy.
- Use it to help you remember your health care visits.
- Keep it as a record of facts about your pregnancy.
- Use it to help you remember your baby's health care visits.
- Put pictures of you, your baby, and your family in it.
- Record in it your baby's growth and development

milestones.

- Record in it your baby's shots.
- Write in it the results of your baby's health care visits.

... use this Health Diary for you and your baby





# Contents

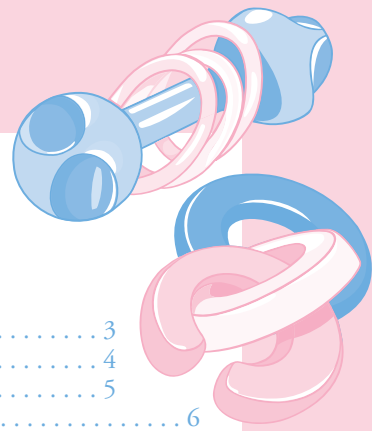
## INTRODUCTION

### MYSELF

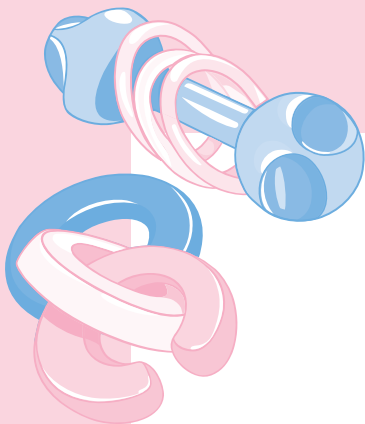
My pregnancy, my baby, and my family . . . . .	3
My health history . . . . .	4
I think I might be pregnant . . . . .	5
How to get the prenatal care I need. . . . .	6
What happens at prenatal care visits . . . . .	7
What I can find out from the tests I will have. . . . .	8
How to take care of my own and my baby's health . . . . .	10
<b>Warning Signs</b> . . . . .	12
<b>Signs of premature (too early) labor</b> . . . . .	12
Tracking my weight gain . . . . .	14
My weight gain — week by week . . . . .	16
What to eat for a healthy baby . . . . .	18
What I eat . . . . .	19
Records of my prenatal care. . . . .	20
What to pack for the hospital . . . . .	35
What baby will need at first . . . . .	37
Stages of labor . . . . .	40
Fetal growth and development	
Before my baby is born . . . . .	41
<b>Signs of labor</b> . . . . .	41
When to call the doctor . . . . .	41
After my baby is born — taking care of me. . . . .	42
My postpartum (after delivery) care. . . . .	43
Before I become pregnant again . . . . .	44

### MY BABY

My baby's birth record. . . . .	46
After my baby is born — taking care of baby . . . . .	47
What to feed my baby. . . . .	48
When to take my baby to the doctor or clinic. . . . .	49
How to take care of minor problems. . . . .	50
When to call the doctor. . . . .	52
How to deal with emergencies . . . . .	53
Tracking my baby boy's growth . . . . .	54
Tracking my baby girl's growth . . . . .	56
My baby's firsts . . . . .	58
My baby's teeth. . . . .	60
Record of health checkups . . . . .	62
Acknowledgements . . . . .	80
Record of illnesses . . . . .	81
Record of immunizations . . . . .	82
Comment card . . . . .	



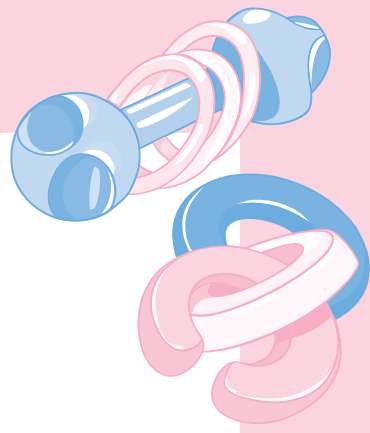




M Y S E L F









## My pregnancy, my new baby, and my family

Pregnancy and parenthood are times of change and new feelings. Feelings are O.K. It is helpful to be able to share with your children, family and friends, and with your health care provider, how you are feeling. And it is important for you to have their support and understanding during your pregnancy and when you take on the job of a new parent.

It is important for your baby, too. A baby needs the love and attention of parents, family and friends to grow and develop in healthy ways.

And your baby needs the healthy start only you can give by taking care of your own health and following good health habits during your pregnancy.

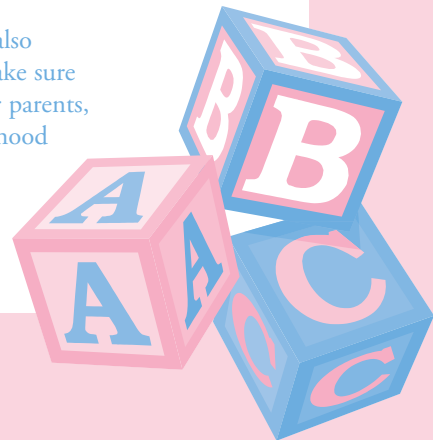
First, as soon as you think you may be pregnant, begin regular health care visits called prenatal care. If you do not know where to go to get health care, ask a friend or call your local health department. **Help is available.**

In prenatal care, you will be given help to eat right, exercise and do other things that will be good for your baby. You will be checked to make sure your baby is developing normally. And if they arise, problems will be cared for.

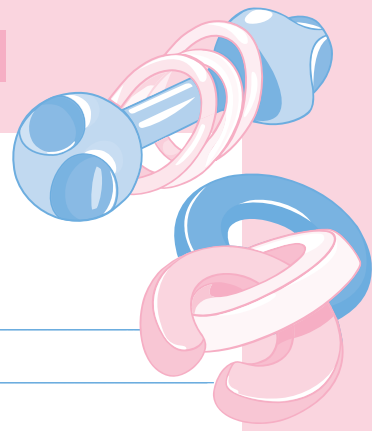
Even if you are feeling great, it is very important for you to get prenatal care as soon as possible. Women who start prenatal care soon after they become pregnant, and continue until they have their baby, usually have fewer problems and healthier babies.

It is also very important that you avoid certain things that can harm your baby. Don't use any tobacco products, don't drink anything with alcohol, and don't use any "street" drugs. Don't take any prescription or other drugs — even an aspirin — before you check with your health care provider.

Regular health care visits for your new baby are also important. Your baby's health care provider can make sure your baby is growing well, can give good advice for parents, and can protect your baby from a number of childhood illnesses.







## My health history

Keeping records when you are pregnant can help you track what is going on and remember dates, things you need to do, and questions you want to ask. Start here, by filling in the spaces below.

Height: \_\_\_\_\_

Weight (before pregnancy): \_\_\_\_\_

Blood Type: \_\_\_\_\_

Major illnesses/allergies/health problems

I have had:

Type

Date

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dates of blood transfusions I have had:

\_\_\_\_\_

Past Pregnancies:

Date of Birth

Name of Baby

Type of Delivery

Birth Weight

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

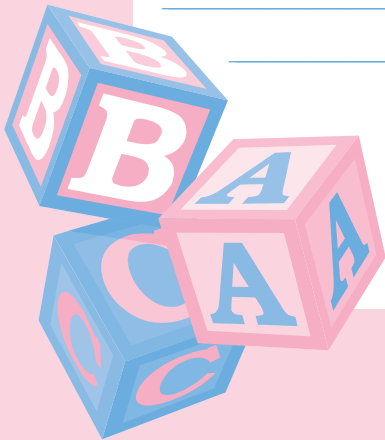
Any other pregnancies:

Date

Result

\_\_\_\_\_

\_\_\_\_\_





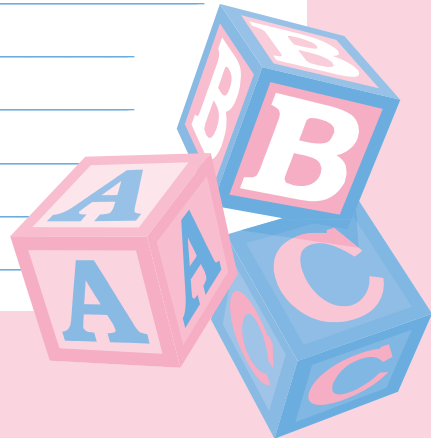
If you miss a menstrual period you may be pregnant. A missed period can be caused by other things. For common signs of pregnancy, see the chart at right.

**Go to a health care provider or clinic if you think you might be pregnant.**

## COMMON SIGNS OF PREGNANCY

- ☐ missed period
- ☐ sore or tender breasts
- ☐ nausea and/or vomiting
- ☐ frequent urination
- ☐ bloated feeling
- ☐ fatigue

Notes:

A worksheet with ten horizontal blue lines for writing. In the bottom right corner, there are two colorful alphabet blocks: one with the letter 'A' and another with the letter 'B'.



# How to get the prenatal care I need...



If you have a doctor, call now for an appointment. If you do not have a doctor, ask a friend, family member, or your local health department for the name of a health care provider or clinic.

There are many kinds of health care professionals who can help you when you are pregnant. They may include doctors, nurses, nurse practitioners, nurse midwives, physician's assistants, nutritionist, dentists, and social workers. You and your care providers are a team, working to help assure that your baby is born healthy.

It is important for you to keep all of your appointments when you are pregnant. Your care providers check your health. They talk with you about how your body is changing, and how your baby is growing. Tell them how you are feeling. Ask them any questions that you have.

## THERE IS HELP..

If you have health insurance, find out what expenses your insurance will cover. Also find out how to make sure that your baby will be covered by your health insurance from birth. Your health care provider will need to know the name of your insurance company and your policy number.

If you do not have health insurance, you may qualify for Medicaid or other help. Call your local social service agency and local health department to find out. You can find their phone numbers in your local telephone directory under "government listings."

Ask them if you can get help from other programs such as TANF (Temporary Assistance To Needy Families), WIC (Special Supplemental Food Program for Women, Infants, and Children), and Food Stamps.

Many local agencies also offer other services. Ask about legal aid, housing assistance, day care, transportation, mental health, visiting nurse, and other counseling. If you work, ask your employer about maternity leave. Talk to your health care provider about the help you need.

My Insurance/Medicaid Number: \_\_\_\_\_

Name of My Insurance Company: \_\_\_\_\_

Phone Number for Insurance/Medicaid: \_\_\_\_\_

Name of Contact Person/Caseworker: \_\_\_\_\_





# What happens at prenatal care visits...

## YOUR FIRST VISIT...

Your first visit will most likely take more time than other appointments. The health care provider will:

- Ask you questions about your health now and in the past (your medical history). Your answers about other pregnancies, health problems, illnesses (including sexually transmitted diseases), and your lifestyle will help your care provider decide the best care for you.
- Give you a physical exam. This will include internal (pelvic) and breast exams, checking your heart, lungs, eyes, ears, nose, and throat, and measuring your weight and height.
- Test your blood, urine and blood pressure and take a culture of the cervix and a Pap smear to check for some possible problems that might affect your pregnancy.
- Talk with you about a plan of care to fit your needs. This will include a schedule of visits, diet, exercise, and special things to do.



## AT LATER VISITS...

With all of the changes in your body, regular visits will help make sure that you and your baby stay healthy. Your health care provider will:

- Check your weight, blood pressure, and urine.
- Measure your abdomen (stomach) to see how your baby is growing.
- Listen to your baby's heart beat with you.
- Talk with you about any concerns or questions you have.
- Give you any special tests you may need to find out about your health or your baby.





## What I can find out from the tests I will have...

YOU WILL HAVE THE TESTS DESCRIBED BELOW AT YOUR FIRST APPOINTMENT.



- **Pap smear**—to look for problems with your cervix (the opening to your uterus or womb).
- **Internal exam (pelvic exam)**—to check your cervix and uterus. Also to check that your pelvis is large enough for your baby to pass through during birth.
- **Culture of the cervix**—to check for gonorrhea and other sexually transmitted diseases.
- **Blood tests**—to see if you have certain conditions which might affect your pregnancy or your baby such as: anemia (low blood count), Rh factor, syphilis, HIV, or hepatitis B. Also show if you have protection against rubella (German measles).
- **Urine tests**—to check for diabetes, infection, and problems related to your kidneys and blood pressure.
- **Blood pressure**—to check for high blood pressure, which can cause problems in pregnancy.








YOU WILL HAVE YOUR URINE AND BLOOD PRESSURE CHECKED AT EVERY VISIT.

YOU ALSO MAY HAVE ONE OR MORE OF THESE TESTS TO FIND OUT MORE ABOUT YOUR HEALTH OR THE GROWTH OF YOUR BABY...

- **Glucose tolerance test (GTT)**—to check for diabetes (at about 24 weeks of pregnancy).
- **Ultrasound**—produces a picture ("sonogram") to check the position and size of your baby, to find out about when your baby is due to be born, and to check for some kinds of problems.

Your health care provider may suggest other tests, depending upon your family history, your age or health, your racial or ethnic background. For example, **amniocentesis or chorionic villus sampling (CVS)** may be suggested for women who are 35 or older, to identify certain genetic problems that could affect their baby's health. **Alpha fetoprotein (MSAFP)** is a blood test that could be suggested to find out if a baby may have spinal cord problems.



*Ask any questions you have about why a test is needed, the possible risks involved, and the test results.*







## How to take care of my own and my baby's health...

### SOME DO'S...

Take care of yourself so that you feel good and your baby grows normally.

- **DO** eat a variety of healthful foods each day.
- **DO** eat 3 meals at regular times during the day, or 6 small meals a day if nauseated.
- **DO** drink 6-8 glasses of water and other liquids each day.
- **DO** exercise regularly. Ask your health care provider about starting or continuing to exercise.
- **DO** wear your seat belt every time you ride in a car, van or truck.
- **DO** brush and floss your teeth at least once a day. Continue to see your dentist on a regular basis.
- **DO** tell all your health care providers that you are pregnant before getting any X-rays.
- **DO** read the label for directions and warnings before you use any paint, cleaner, bug spray, or other chemical.
- **DO** keep all of your health care appointments. If you miss an appointment, make another right away. Don't wait until the next month.
- **DO** ask your health care provider if you have questions about what you should be doing to have a healthy baby!





## SOME DON'TS...

Some things you might do when you are pregnant can harm your baby.



**DON'T** smoke or chew tobacco. Tobacco of any kind will harm you and your baby. Tobacco use increases the chances that your baby may be born too soon and too small. Quitting at any time during your pregnancy helps. There are programs to help you stop. Ask your health care provider about them. Quit as soon as you can.



**DON'T** drink alcohol (beer, wine, wine coolers, liquor). Drinking alcohol can cause birth defects. No one knows whether drinking even a little is safe. The best advice is don't drink when you are pregnant. Programs to help you stop drinking are available.



**DON'T** use any street drugs (such as crack, cocaine, marijuana, PCP). Street drugs can hurt you and your baby. Your baby can be born too small to live, or have severe mental or physical problems that can last for years. Tell your health care providers about any drugs you use so they can help you stop.



**DON'T** take any medicine—even an aspirin—or anything prescribed before you were pregnant without first asking your health care providers if it is safe.







## Warning Signs

### SIGNS OF PREMATURE LABOR:

- ☐ Low dull backache
- ☐ Pelvic pressure
- ☐ Contractions or cramps
- ☐ Blood-tinged discharge from vagina
- ☐ Gush of clear, watery fluid from vagina

If you have any of these signs, call your health care provider as soon as possible:

- Bright red blood from your vagina
- Swelling or puffiness of your face or hands
- A sudden large weight gain
- Pain when you empty your bladder
- Very bad or frequent headaches
- Blurred vision, flashes of light, or spots before your eyes
- Sharp or prolonged pain in your abdomen (stomach)
- Severe or continued vomiting
- Fever
- Sudden gush of fluid from the vagina

### SIGNS OF PREMATURE (TOO EARLY) LABOR

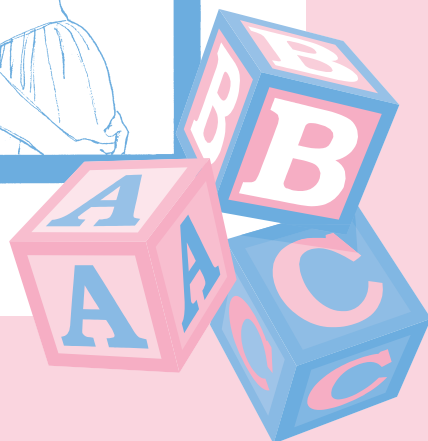
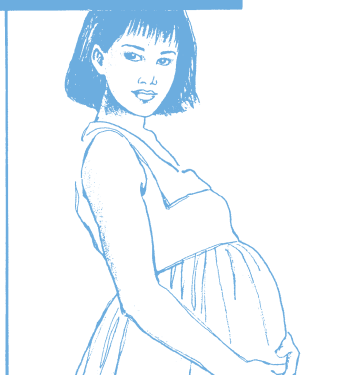
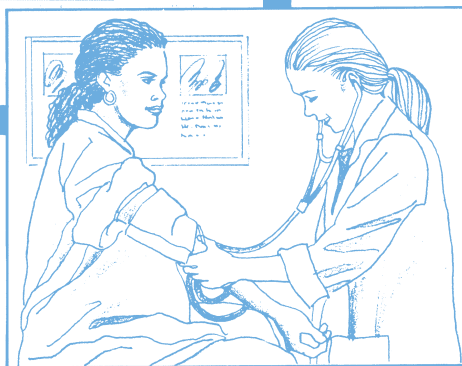
During your pregnancy, there is a danger that your labor might begin too soon and your baby will be born too early to be healthy and live outside your womb.

**If you have any of the signs listed in the box above that do not go away after an hour of rest, call your health care provider.**

If you just "don't feel right" or have any questions about your health, call your health care provider for advice.











# REMEMBER:

*It is important for you to gain weight steadily. You should not lose weight during your pregnancy. Seeing how much weight you are gaining is one way to know that your baby is growing normally.*

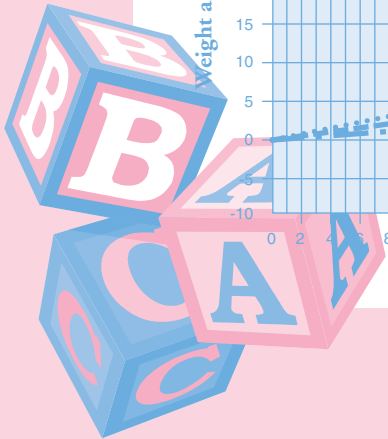
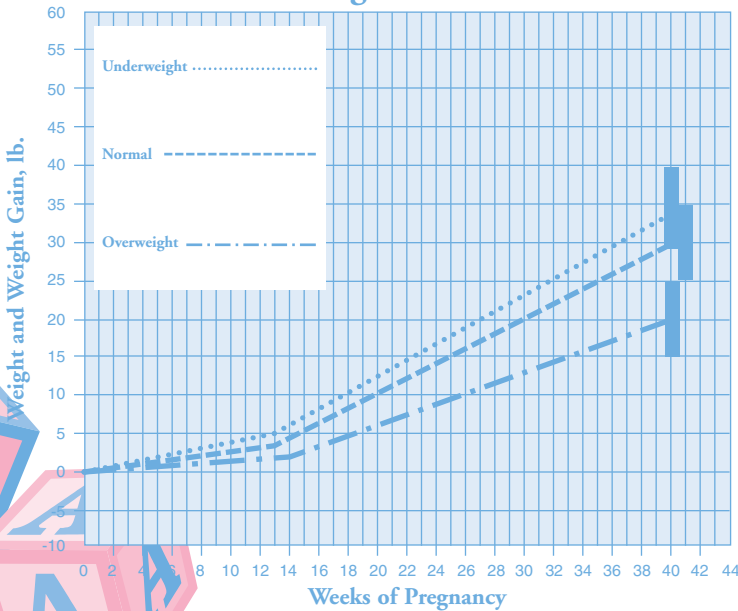
## Tracking my weight gain...

Your weight will be checked each time you go to your health care provider. Most women should expect to gain about 3 or 4 pounds during the first 3 months and about a pound a week for the rest of their pregnancy.

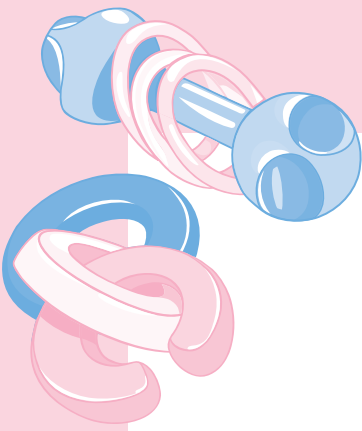
Your total weight gain might range from about 25 to about 35 pounds. How much you gain is related to your weight before you became pregnant. Usually:

- If you were underweight, you should gain 28 to 40 pounds.
- If your weight was normal, you should gain 25 to 35 pounds.
- If you were very heavy, you should gain 15 to 25 pounds.

### Prenatal Weight Gain Chart







Your health care provider may advise you to gain more or less, depending on your size and weight before you became pregnant. This is not the time to diet to lose weight, no matter how heavy you are.

Your steady weight gain is a sign that your baby is growing. Full grown newborn babies usually weigh about 7 pounds. But, you must gain much more than that to support the development of your baby.

Typically, a pregnant woman gains 25 to 35 pounds. The weight is divided this way:

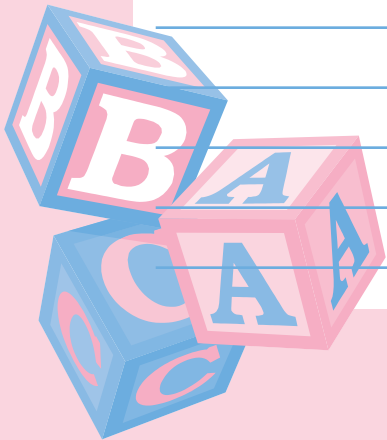
Baby: 7 to 8 pounds	
Changes in mother's body	
Breast increase	1 to 2 pounds
Blood increase	4 to 5 pounds
Fat	5 to 7 pounds
Body fluid	1 to 2 pounds
Uterus increase	2 to 5 pounds
Placenta	2 to 3 pounds
Amniotic fluid	2 to 3 pounds

Gaining weight is what sometimes makes pregnant women most unhappy and uncomfortable. But if you remember how important it is to the health of your baby, it may be easier for you to handle. Besides, most women lose all the extra weight they have gained by 2 or 3 months after their baby is born, and even sooner if they breast feed.

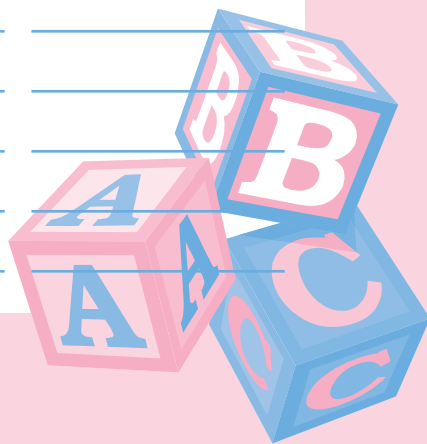
Weigh yourself once a week and keep a record of your weight on the next 2 pages. Choose the same day, and the same time of day — every Saturday morning, for example — to weigh yourself. Try to use the same scale each time, too.





[illegible]



[illegible]





## What to eat for a healthy baby

*Ask your doctor, nurse, or nutritionist about the amount of weight you should gain in this pregnancy. Select foods to help you reach this goal and meet your needs for nutrients. There are many choices within your food budget and tastes.*

What you eat can help you feel and look your best. Diet is important for you and your growing baby. During pregnancy and breast feeding, eat the following foods each day:

- 3 or more servings of milk or calcium-rich products like cheese or yogurt.
- 3 or more servings of fruit or juice
- 4 or more servings of vegetables
- 6 to 11 servings of grain or starchy vegetables
- 2 servings of low-fat meat, fish, poultry, beans or nuts.

Many foods can combine to make a varied and healthy diet. Ask your health care provider for serving sizes and examples of the kinds of foods to choose.

Eat small meals at regular times and have a nutritious snack if you need one.

Avoid large amounts of any one food item.

Choose fresh fruits or vegetables for snacks.

Drink 6 to 8 cups of liquids (water, juice, milk) each day.

To get the fiber you need, choose several servings a day of whole grain foods or fresh fruits or vegetables.

If you do not drink milk, ask your health care provider about calcium supplements.





Write down all the foods and drinks you had during the past week. Bring this list to your health care provider.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

---

Three colorful alphabet blocks are shown. One block is pink with the letter 'A' in blue. Another block is blue with the letter 'B' in white. The third block is blue with the letter 'C' in pink. They are arranged in a cluster, with the 'A' block in the foreground and the 'B' and 'C' blocks behind it.





## 8 weeks

### HOW MY BABY IS GROWING

*Your body is about 1 inch long and weighs less than 1 ounce. All organs are developing. Your baby's tiny heart will beat by the 25th day.*

- Eat a variety of healthful foods each day for you and your growing baby.
- Tell any doctor, nurse, dentist, or other health care provider you see that you are pregnant before you accept treatment, have X-rays, or use prescribed drugs.
- Rest if you feel tired. It is normal to feel tired in the first months of pregnancy. You may also feel excited, happy, worried, and concerned—all at the same time!
- It is good for you to exercise regularly. Ask your health care provider about starting or continuing to exercise.

Questions I want to ask:

1. *What can I do about morning sickness?*
2. *Where can I go for childbirth education classes?*
3. *Should I take vitamin and iron supplements?*
4. \_\_\_\_\_

Advice and answers to my questions:

---

---

---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Rh Factor (Yes \_\_\_\_ No \_\_\_\_)

☐ Blood Test

☐ PAP Test

☐ Urine

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Take this book with you each time you go to the doctor or clinic. Write in it anything you need to remember about your health, any tests you have, any advice or instructions you receive. Also write down anything you want to ask your health care provider. Keep this record up to date. It is your record of your pregnancy and of your baby's health and growth. Ask your health care provider if you need help to fill out the health records in this book.





## 12 weeks

### HOW MY BABY IS GROWING

*Your baby is now about 3 inches long and weighs about 1 ounce. Your baby is starting to open and close its mouth and move its tiny hands, legs, and head.*

- If you are tired or sick to your stomach, these feelings should end soon.
- Always wear your seat belt when you are in a car, van, or truck. The shoulder harness should go between your breasts and the lap belt under your stomach.
- Most women can safely have sex while they are pregnant. Ask your health care provider if you have discomfort or have other concerns.

Questions I want to ask:

1. *Will my taking hot baths hurt my baby?*
2. *What should I do if certain healthful foods, like milk, make me feel sick?*
3. \_\_\_\_\_
4. \_\_\_\_\_

Advice and answers to my questions:

---

---

---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

---

---

---

---

Write down what you eat for a week on page 19.

If you have questions about what you should be eating, ask your health care provider.





## 16 weeks

### HOW MY BABY IS GROWING

*Your baby weighs about 6 ounces, is about 6-8 inches long, and the organs, such as the heart and lungs, are formed. For the rest of your pregnancy your baby will be growing and gaining weight.*

- You may look pregnant now. You may now or will soon need maternity (or larger sized) clothes. You may want to wear lighter weight clothes. It is normal to feel warmer and perspire more when you are pregnant.
- Eating well is important to make sure that both you and your baby gain the proper amount of weight.
- You may have darker areas on your face, stomach, or other places on your skin. These are normal. They will go away after your baby is born.

#### Questions I want to ask:

1. *When will I first feel my baby move?*
2. *How can I involve the baby's father in my pregnancy?*
3. *How can you tell that my baby is growing normally?*
4. \_\_\_\_\_

#### Advice and answers to my questions:

---



---



---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine ☐ MSAFP (Alpha Fetoprotein)

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Be sure to keep track of the weight you are gaining on the chart on pages 16 and 17.*



# 20 weeks

## HOW MY BABY IS GROWING

Your baby weighs about 1/2 to 1 pound, is 8-12 inches long, and is much more active now, moving from side to side or turning around.

- Write in the date you first feel your baby move.  
\_\_\_\_\_
- You need to drink at least 6 to 8 glasses of water and other liquids each day.
- Do not smoke, chew tobacco or drink alcohol (beer, wine, wine coolers, liquor) or use drugs during your pregnancy.
- Remember to weigh yourself each week and write down your weight gain on pages 16 and 17.

Questions I want to ask:

1. *How can I keep my back from aching?*
2. *How long can I keep up my usual activities?*
3. *How can I relieve constipation?*
4. \_\_\_\_\_

Advice and answers to my questions:

---

---

---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


*If you are seeing your care provider more often, use the extra appointment pages 36-40 to record your visits*





## 24 weeks

### HOW MY BABY IS GROWING

*You are now carrying a fully-formed but tiny baby, with wrinkled skin, about 14 inches long, and 1-1 1/2 pounds. Your baby still needs to grow and fully develop vital organs such as the lungs and brain.*

- Your baby will grow quickly during the rest of your pregnancy. Your baby will put pressure on your bladder. You need to go to the bathroom more often.
- If you become constipated, drink more fruit juices and water and eat high fiber foods such as raw fruits and vegetables, whole grain breads, and cereals.
- Call your health care provider right away if you have any of the signs of premature labor listed on page 12.

#### Questions I want to ask:

1. *How can I find pediatrician (baby doctor) or other health care provider for my baby?*

2. *Why am I so tired?*

3. \_\_\_\_\_

4. \_\_\_\_\_

#### Advice and answers to my questions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine ☐ Blood Test ☐ Rh Factor (Yes No)

☐ Glucose Test for Diabetes ☐ Heard my baby's heartbeat

List any other tests you had:

\_\_\_\_\_  
(Turn to pages 8 and 9 for more information about tests.)

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask any questions you have about what a test is for or about the results and what they mean for you and your baby.*



# 28 weeks

## HOW MY BABY IS GROWING

Your baby is about 15 inches long and weighs about 2-3 pounds. Your baby's bones are getting harder. You may feel your baby kick and move more now.

- You may feel better during these last months of pregnancy if you eat small meals and snack on fruits, vegetable milk, breads, and cereals.
- Because your baby is getting big, it may be harder for you to breathe. Slow down, stretch your arms over your head, breathe deeply.
- Call your health care provider right away if you have any of the signs of premature labor listed on page 12.
- If you have children, talk to them about the new baby soon to be born.

Questions I want to ask:

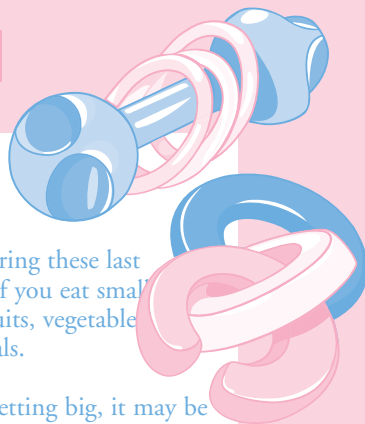
1. *How will I know when I go into labor?*
2. *What should I do to get ready for the birth of my baby?*
3. \_\_\_\_\_
4. \_\_\_\_\_

Advice and answers to my questions:

---

---

---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Breast feeding is the best way to feed your baby. Breast milk is a complete food and protects your new baby from some infections.*





## 32 weeks

### HOW MY BABY IS GROWING

Your baby is about 18 inches long and weighs about 4-5 pounds. Your baby can open its eyes. Your baby may turn around in your uterus (womb) and stay in the new position for the rest of your pregnancy.

- Continue your daily routine, taking time to rest. Stop any heavy work or lifting to avoid strain and backaches.
- Plan what you will do when you go into labor. Where will you have your baby? How will you get there? Who will take you? Who will take care of your other children?
- Take a tour of the hospital where you plan to have your baby. Ask questions about what will happen.
- Call your health care provider right away if you have any of the signs of premature labor listed on page 12.

Questions I want to ask:

1. *What can I do to sleep better?*
2. *How should I prepare to breast feed my baby?*
3. *What are my options for pain relief during labor?*
4. \_\_\_\_\_

Advice and answers to my questions:

---

---

---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


*Now is the time to prepare yourself, your family, and your home for your new baby.*





## 36 weeks

### HOW MY BABY IS GROWING

Your baby is about 19 inches long, weighs about 6 pounds, and is gaining about a 1/2 pound each week. At 40 weeks your baby will be "full term" (will have gone through the full length of pregnancy).

- Your baby could come any time between 37 to 42 weeks. Few babies born on their "due date." Read the of labor listed on page 41. Ask your care provider if you have any questions.
- With delivery of your baby so near, you may feel excited and happy, anxious and afraid. All of these feelings are normal.
- If you have a baby boy, will you have him circumcised? Now is the time for you to decide.
- Tell your other children that you will be going to the hospital to have the new baby.

Questions I want to ask:

1. *What should I do if I think I am in labor?*
2. *Under what conditions would I need a Caesarean section?*
3. \_\_\_\_\_
4. \_\_\_\_\_

Advice and answers to my questions:

---



---



---





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

**Date of Next Appointment:** \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

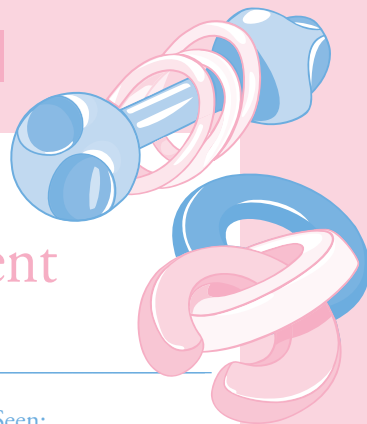
Advice/Treatment

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## WHAT TO PACK FOR THE HOSPITAL

- ☐ Nightgown (or hospital will give you one to wear)
- ☐ Robe
- ☐ Non-skid slippers
- ☐ Loose-fitting clothes to wear home
- ☐ Toiletries
- ☐ T-shirt or sleeper for baby
- ☐ Baby blanket
- ☐ Telephone numbers for family, friends





# My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

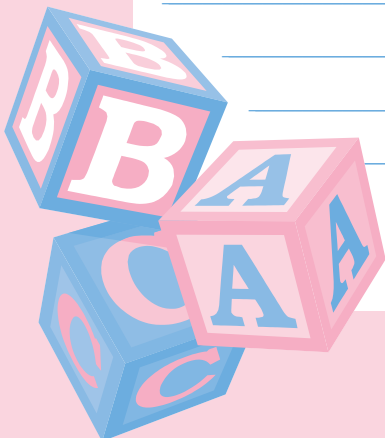
Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

WHAT BABY WILL  
NEED AT FIRST

☐ Crib, cradle, or bassinet

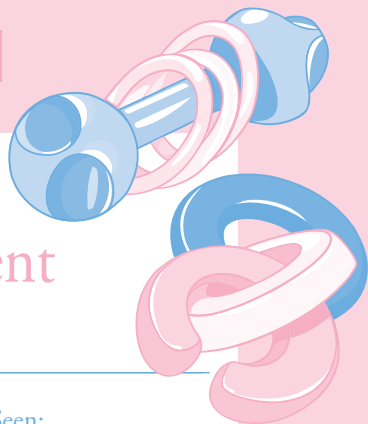
☐ Baby clothes

☐ Diapers

☐ Car safety seat  
(see page 41)

(Check with friends for  
"hand-me-downs" before  
you buy, but be sure they  
meet safety standards.)





# My prenatal care appointment

Use these pages for additional health care visits.

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_ )

☐ Urine    ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

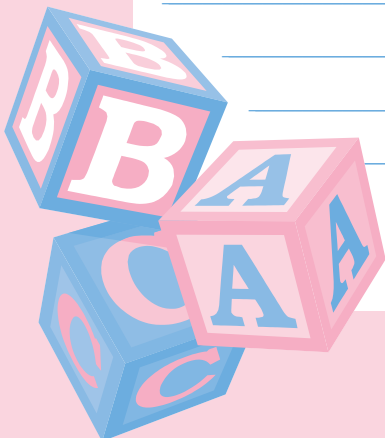
Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine

☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

1. \_\_\_\_\_

2. \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

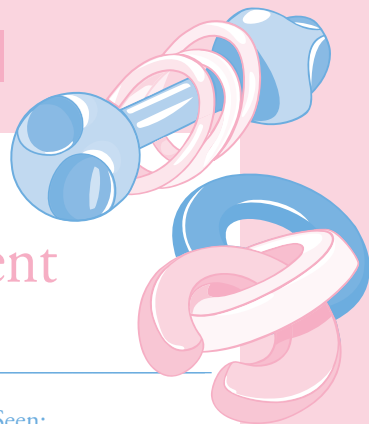
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask any questions you have about what a test is for or about the results.*





## STAGES OF LABOR

Stage 1: The uterus begins to contract. Cervix starts to open allowing the baby to move from the uterus to the birth canal.  
 Stage 2: The mother pushes and the uterus contracts. Stage ends when baby is born.  
 Stage 3: Delivery of the placenta (afterbirth).

# My prenatal care appointment

Date of Visit: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Weeks of Pregnancy: \_\_\_\_\_

Due Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Tests (Check each one you had):

☐ Blood Pressure (Reading: \_\_\_\_\_)

☐ Urine ☐ Heard my baby's heart beat

List any other tests you had: \_\_\_\_\_

(Turn to pages 8 and 9 for more information about tests.)

Questions I want to ask:

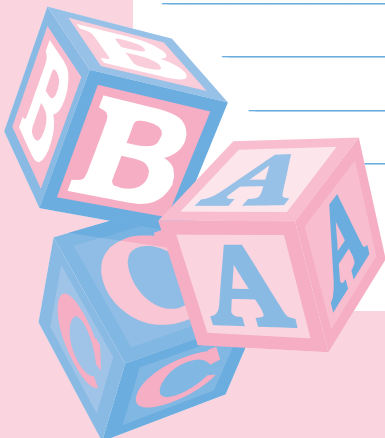
1. \_\_\_\_\_

2. \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem	Date	Advice/Treatment
_____	_____	_____
_____	_____	_____
_____	_____	_____





# Before my baby is born...

## OF LABOR

The way labor begins and progresses is different for each pregnancy. Sometimes you may not know that you are in the early stages of labor, but feel as though you have gas, heartburn, indigestion, or backache.

There are 3 main signs that labor has started:

- Vaginal bleeding.
- Regular contractions (pains or tightening), which most often begin in your lower back and move through to the front of your abdomen (stomach).
- A gush or trickle from your vagina, that feels like a painless flow of warm water.

## PREPARING FOR YOUR NEW BABY ...

- Breast feeding is the best way to feed your baby. Ask your health care provider if you still have questions about how you should breast feed your baby.
- You will need a car safety seat (marked "federally-approved") to bring your baby home. It is the law—your baby must always be in an approved safety seat when traveling in a car, van, or truck. Ask your health care provider, the hospital where you will deliver, or health department about programs that loan federally-approved car safety seats.
- You should take your baby to see the doctor when your baby is about 2 weeks old unless you are told to come in sooner. Call your baby's doctor right after your baby is born for an appointment.

My labor began on \_\_\_\_\_(day) at \_\_\_\_\_(time).

My baby was born on \_\_\_\_\_(day) at \_\_\_\_\_(time).

## WHEN TO CALL THE DOCTOR

*Unless you and your health care provider have made other plans, call right away when your "water breaks" or when your contractions are regular and about 5 minutes apart or last more than 30 seconds each.*



# After my baby is born...

## TAKING CARE OF YOURSELF ...

- You should go to your health care provider about 2-6 weeks after your baby is born. Make an appointment for this "postpartum" visit as soon as possible. If you have questions or problems before then, call your health care provider.
- Ask your health care provider if you are protected against rubella. If not, get a shot to protect you before you leave the hospital.
- Ask your health care provider about family planning. You can get pregnant again even if you are breast feeding. Your body is not ready for another healthy pregnancy right now.
- Call your care provider right away if you have any of the postpartum warning signs listed on page 43.
- Many new mothers feel depressed, cry easily, or are just very tired. These feelings are often due to lack of sleep; it doesn't mean you don't love your baby. If you have some of these feelings, you may want to talk to your family, a friend, or another mother about it. If you need help to cope with your feelings, call your health care provider.
- Breast feeding is best for your baby. It is good for you too. It will help get your uterus (womb) back in shape. Almost all mothers breast feed easily. If you have problems or questions call your Community Health Nurse, Nutritionist, La Leche League (1-800 LA LECHE), or hospital nursery nurse.
- Eat a variety of healthful foods and drink 6 to 8 glasses of water and other liquids each day, just as you did while you were pregnant. You need food for energy and to pass on to your baby if you are breast feeding. Avoid alcohol, cigarettes, and drugs. They are not healthy for you and can harm your baby if passed through your breast milk.
- Try to sleep when your baby sleeps. If you feel under stress, take a break. Put your baby in the crib and take a shower or bath or call a friend. Ask a family member or a friend to watch the baby while you go for a short walk. If you feel as though you are under too much stress, call your health care provider and ask where you can get help. Taking good care of yourself and your baby is most important now.

■ Spend some special time with your other children.

Next appointment for me: \_\_\_\_\_

Next appointment for my baby: \_\_\_\_\_





visit: \_\_\_\_\_

---

1. *When can I have sex?*
2. *What should I do about birth control?*
3. *Do I have any health problems that need continued care?*
4. \_\_\_\_\_

[illegible]

- ☐ Heavy, bright red bleeding or large clots
- ☐ Fever over 100°F
- ☐ Painful cramps
- ☐ Hard, painful lumps in your breasts
- ☐ Increased pain in episiotomy (stitches)
- ☐ Pain when you empty your bladder
- ☐ Feelings that you might harm yourself or your baby



## Before I become pregnant again...

Think about your own health first. Take care of yourself before you get pregnant again. Make sure that you and your family are ready for another baby.

Another baby will change your life in many ways. More babies add new responsibilities as well as new joys. Mothers and fathers both need to be ready to be good parents to another baby. Family planning services are available. For information, call your local health department.

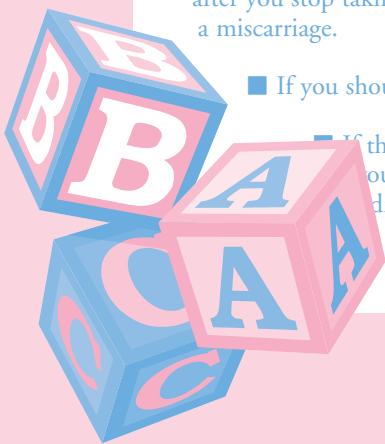
### LOOK AT YOUR HEALTH

If you have a health problem (such as diabetes or high blood pressure), try to get it under control before you become pregnant. Then you and your health care providers can work together to avoid problems and have a healthy pregnancy.

If you are healthy, it is still a good idea to talk with your care provider before you become pregnant about:

- If you should keep taking any prescribed drugs.
- If you should be immunized against rubella (get a German measles shot). Do not get pregnant for 3 months following this shot.
- If you should think about genetic testing (to detect problems you could pass on to your baby).
- If the time is right for you to try to become pregnant. Wait several months after you stop taking oral contraceptives (the "pill") or if you have just had a miscarriage.
- If you should change your diet or gain or lose weight.

■ If there are other lifestyle changes you should make before you become pregnant (such as quitting smoking and drinking alcohol).



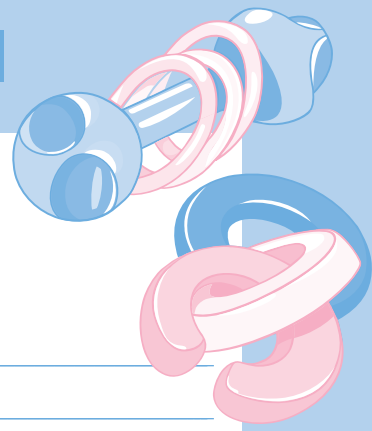


M Y B A B Y

M Y B A B Y







# My baby's birth record

Place  
your baby's  
first photo  
here.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Time: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Hospital: \_\_\_\_\_

City/Co.: \_\_\_\_\_

State: \_\_\_\_\_

Health care provider present at birth:

\_\_\_\_\_

Any special conditions or advice:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# After my baby is born...

## TAKING CARE OF BABY ...

- ...ing to, touching, and holding your new baby in the delivery room is good for you and your baby.
- This is a wonderful time to start breast feeding. Tell your care provider not to let anyone else feed your baby so that your baby will only get your breast milk.
- Your health care provider will examine your baby right after birth, checking appearance and color, reflexes, breathing, heart rate, and activity to see whether your baby needs any special care.
- Ask to have your newborn placed beside you in bed. Touch and hold your baby, and get to know how your baby feels.
- Your baby may look different from the way you expected. Ask the hospital staff if you have questions about the way your baby looks.
- Ask the staff to show you how to take your baby's temperature and read the thermometer.
- All infants should be protected against hepatitis B. Some doctors recommend the first shot be given before going home from the hospital.
- Before you and your baby leave the hospital, a few drops of blood will be taken from your baby's heel to check for some rare problems.

**If you or the baby's father have any questions about how to pick up, hold, feed, bathe, diaper, or dress your baby, ask the staff to help you.**

Your new baby needs all of the love and comfort you can give. You cannot love a baby too much. Your entire family can share in the joy of this love.

Instructions for taking care of your baby after leaving the hospital:

---



---



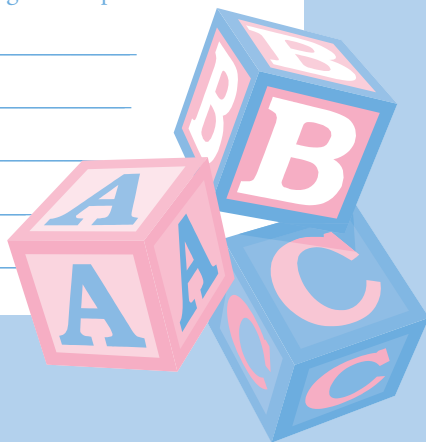
---



---



---





## What to feed my baby...



- breast feeding is the best way to feed your baby. It will help you and your baby build a special closeness. It also will help protect your baby from some infections. breast feeding is usually easy, but if you have questions about breast feeding, ask your health care provider.
- Newborn babies need to eat every 2 to 3 hours.
- For the first 5 to 6 months, feed your baby only breast milk or formula.
- If you bottle feed, be sure to keep bottles and nipples very clean. Follow the directions on the container for fixing the formula. Hold your baby whenever you are giving the bottle. Enjoy the warmth and closeness between you.
- Be sure any formula you give your baby is fully iron fortified.
- At about 5 months, start your baby on one new food at a time. Ask your baby's care provider about the best time to start solid (strained or mashed) food and juice for your baby.
- Ask your baby's health care provider if vitamin or mineral supplements are necessary.

Feeding advice or instructions from your baby's health\* care provider:

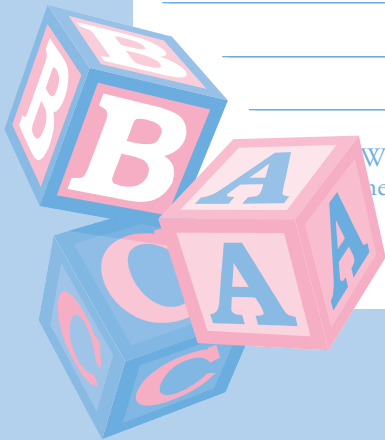
---



---



---



WIC program may be able to provide nutrition education, health care referral, and healthy foods for you and your baby. Contact your local WIC, Community Health Nursing Office.



# When to take my baby to the doctor or clinic...

You should take your baby for a health care checkup about 5 times in the first year and about 4 more times up to age 2, in addition to any times you take your baby to the doctor for problems. Go for the first checkup about two weeks after your baby is born, unless you are told to come in sooner.

These checkups are important, even if your baby is well and healthy. Your baby's health care provider will...

- Check to make sure your baby is growing normally.
- Give you advice about feeding and baby care.
- Answer your questions.
- Give your baby tests and immunizations (shots) to keep him or her healthy.

Your baby grows and changes very quickly in these first two years. Regular health care visits can help you deal with these changes.

This chart shows about when your baby should go for check ups, and what will usually happen at each visit. Your baby's health care provider may give you a different schedule to fit your baby's needs:

WHAT HAPPENS DURING VISIT	AGE AT VISIT									
	IN HOSP.	2 WKS.	2 MOS.	4 MOS.	6 MOS.	9 MOS.	12 MOS.	15 MOS.	18 MOS.	24 MOS.
Discussion & Questions	●	●	●	●	●	●	●	●	●	●
Examination	●	●	●	●	●	●	●	●	●	●
Measurements of Length, Weight, Head Size	●	●	●	●	●	●	●	●	●	●
DTP Shot (diphtheria-tetanus-pertussis)			●	●	●			●	○	
Inactivated Polio Vaccine			●	●	●					
MMR Shot (measles, mumps and rubella)							●	○		
Hib Vaccine*			●	●	●		●	○		
Hepatitis B (option 1)	●		●		○	○	○	○	○	
Hepatitis B (option 2)			●	●	○	○	○	○	○	
PKU Test	●	○								
Blood Test for Anemia						●				
Test for Lead Exposure						○				
Tuberculin Skin Test							●			

● usually done at this age ○ may be done at this age

\* Schedule depends upon the vaccine used



# How to take care of minor problems



## CARE OF UMBILICAL CORD:

- The end of the cord will fall off in a few days or weeks after birth.
- Until it falls off, keep it clean and dry.
- Keep diaper below cord so that the cord stays dry.
- Dab with alcohol on a cotton swab 1-2 times each day.
- Call your baby's health care provider if it looks red, irritated, bleeds or oozes, or has a bad odor.

## CARE OF CIRCUMCISION: ■ A circumcision should heal in 7-10 days.

- If the tip of the penis is irritated by the diaper, put a little bit of petroleum jelly on the irritated area each time you change the diaper.

## PREVENT DIAPER RASH: ■ Change diapers often.

- Wash baby's bottom with soap and warm water at each change.
- Use zinc oxide paste or diaper rash cream on irritated areas.

## TREAT DIAPER RASH:

- Leave baby's diaper area uncovered for a few hours each day. (Place several folded cloth diapers under baby.)
- Use zinc oxide or diaper rash cream on irritated areas after washing.

## TREAT DIARRHEA: ■ If you are breast feeding, continue to do so.

- Call baby's health care provider if your baby won't take liquids, can't keep them down, has a lot of diarrhea, or has diarrhea for longer than 12 hours. (Diarrhea can be a very serious problem for little babies, who can lose a lot of fluid quickly.)







- There are special drinks — called oral electrolyte solutions — that infants with diarrhea should be given to keep them from becoming very sick.

#### TREAT COLIC:

- Make sure that your baby is not crying for some other reason (wet diaper, hunger, tight clothing, loneliness).
- Hold baby, stomach down, across your knees.
- Rock your baby.
- Push your baby in a carriage or stroller.

#### SYMPTOMS OF COLIC:

- ☐ *Frowning*
- ☐ *Reddened face*
- ☐ *Drawing legs up*
- ☐ *Rumbling gas in stomach*
- ☐ *Loud screaming*

#### SYMPTOMS OF COLD:

- ☐ *Fussiness*
- ☐ *Loss of appetite*
- ☐ *Runny nose, sneezing*
- ☐ *Noisy breathing*
- ☐ *Red eyes*
- ☐ *Fever*

#### TREAT A COLD:

- Try to make your baby more comfortable.
- Call baby's health care provider if your baby has a fever.







## When to call the doctor...

### CALL RIGHT AWAY:

- ☐ Fever
- ☐ Vomiting
- ☐ Jaundice (skin looks yellow)
- ☐ Diarrhea
- ☐ Breathing problems
- ☐ Convulsion
- ☐ Blood in diaper

YOU SHOULD CALL YOUR BABY'S HEALTH CARE PROVIDER IMMEDIATELY IF YOUR BABY:

- Has breathing problems (has to work hard to get air in and out).
  - Cries (more or differently from the usual), or moans as if in pain, or is very fussy.
  - Has a temperature higher than 100° F.
  - Vomits (more than a spit up) or has diarrhea (very watery, loose, foul-smelling stools) more than 2-3 times in a day.
  - Has even one large, very watery bowel movement and is less than 3 months old.
  - Passes blood or blood clots with urine or bowel movement.
  - Has a convulsion (shaking arms and legs).
- ALSO CALL IF YOUR BABY:
- Seems weak, has no energy to cry as loudly as usual.
  - Refuses to feed or nurses poorly (or doesn't want more than 1/2 of the usual bottle).
  - Doesn't wake up as alert as usual, or for older babies, is not playful, even for a short time.
  - Just doesn't "seem right" and you are worried.

*When you call the health care provider about your sick baby, write down the advice you get. There is space on the records of health checkups, beginning on page 63, to write your notes. Have available the telephone number of a pharmacy in case your care provider wants to phone in a prescription.*



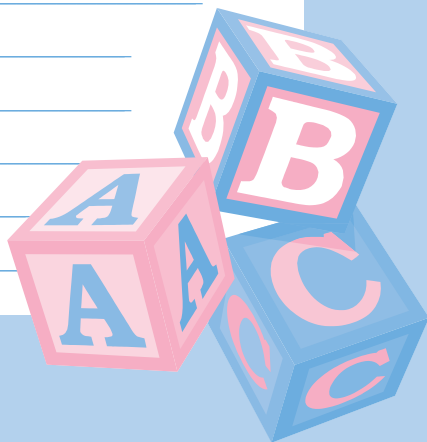


When you are careful, your baby could get hurt or sick. Follow these steps now to be prepared:

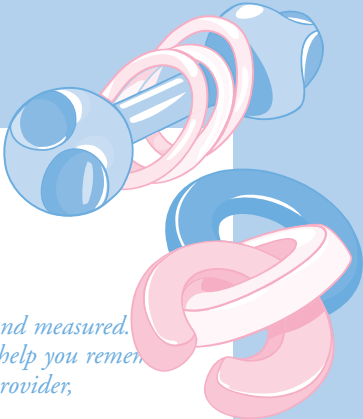
- Keep the phone numbers for your health care providers, fire, police, rescue, and poison control center by your phone. The first rule in any emergency is to call for help.
- Find out where the closest emergency center is and how to get there.
- Good ideas for you and your family are the infant CPR and first aid courses offered by your local American Red Cross chapter.

*The first rule in any emergency is to stay calm and call for help.*

Advice about emergencies from your baby's care provider:

This image depicts a blank sheet of white paper with light blue horizontal lines, resembling notebook paper. The lines are evenly spaced and extend across most of the page width. In the bottom right corner, there are two three-dimensional alphabet blocks. One block is pink with a blue outline and features a large blue letter 'A' on its top face. Another block is partially visible behind it, showing a blue face with a white letter 'B'. The overall style is clean and minimalist, suitable for educational or creative purposes.

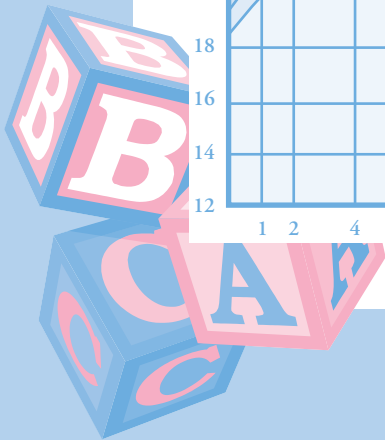
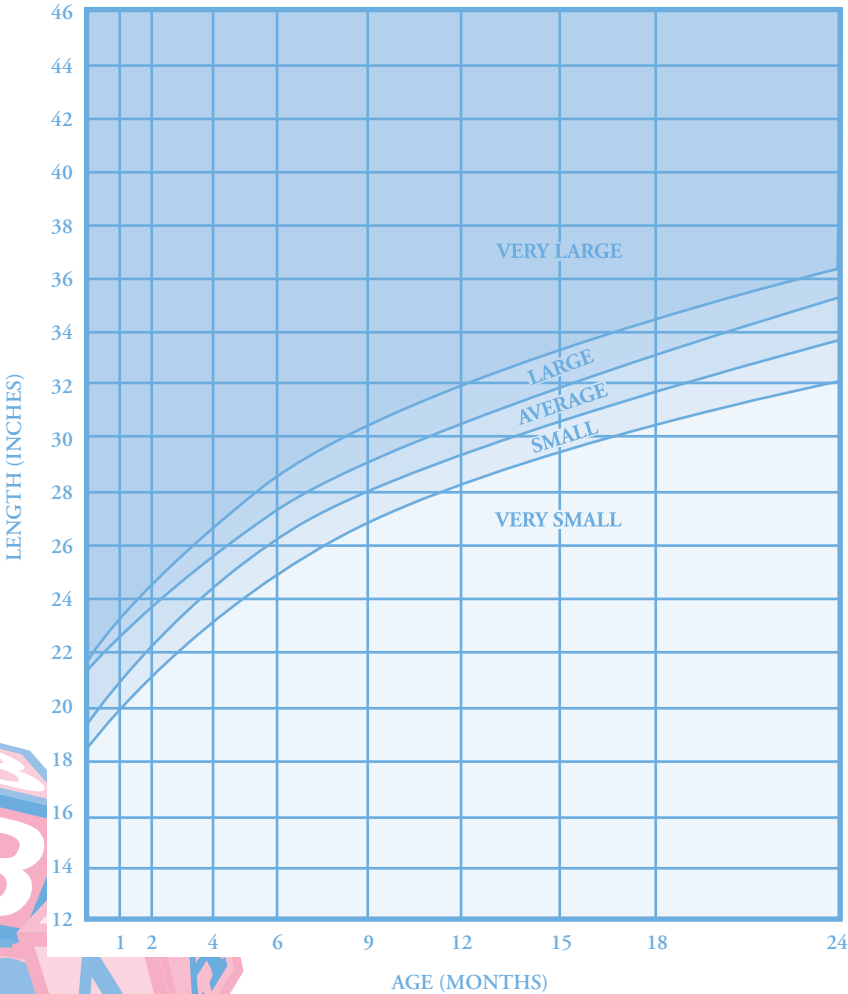




# Tracking my baby boy's growth

*When you take your baby for a checkup, he will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember how he grows. It will provide a record if you see more than one health care provider.*

BOYS FROM BIRTH TO 24 MONTHS  
LENGTH FOR AGE

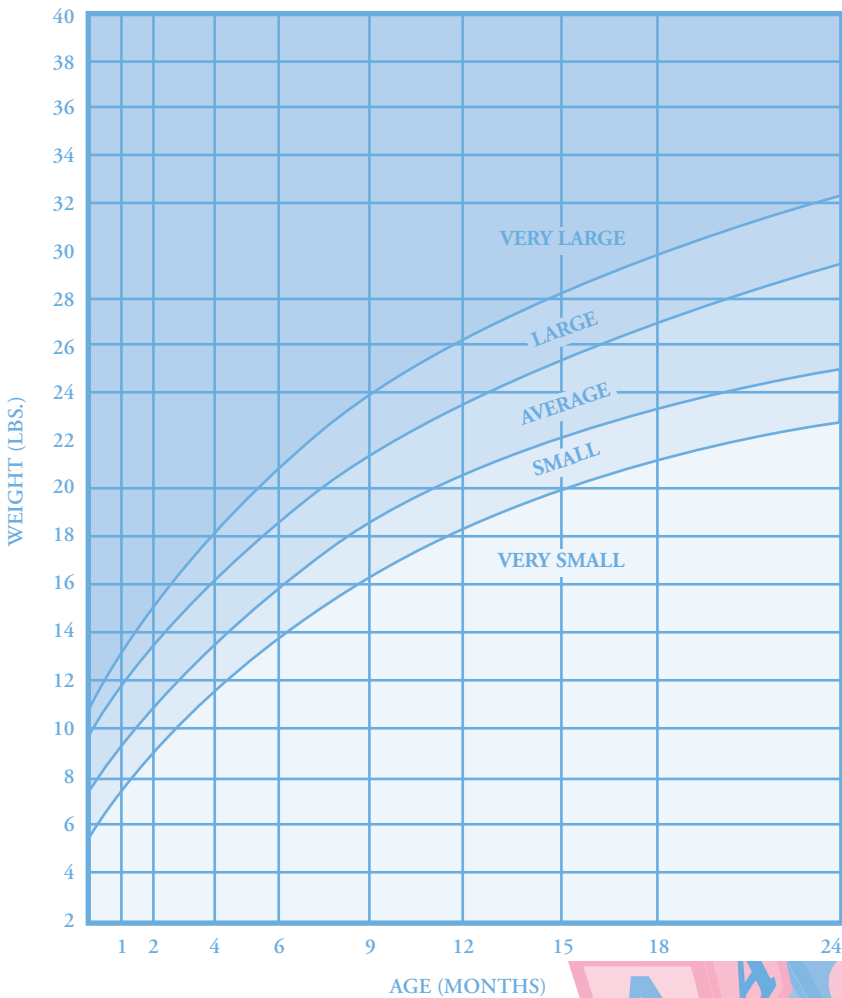




Ask for help if you need it to fill in your baby's weight and length at each checkup.

by's steady growth in height and weight is one of the best signs that he is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care provider any questions you may have about your baby's growth.

### BOYS FROM BIRTH TO 24 MONTHS WEIGHT FOR AGE



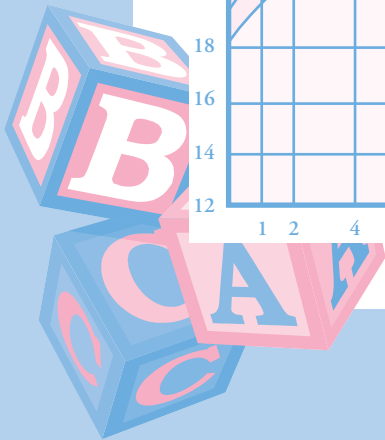
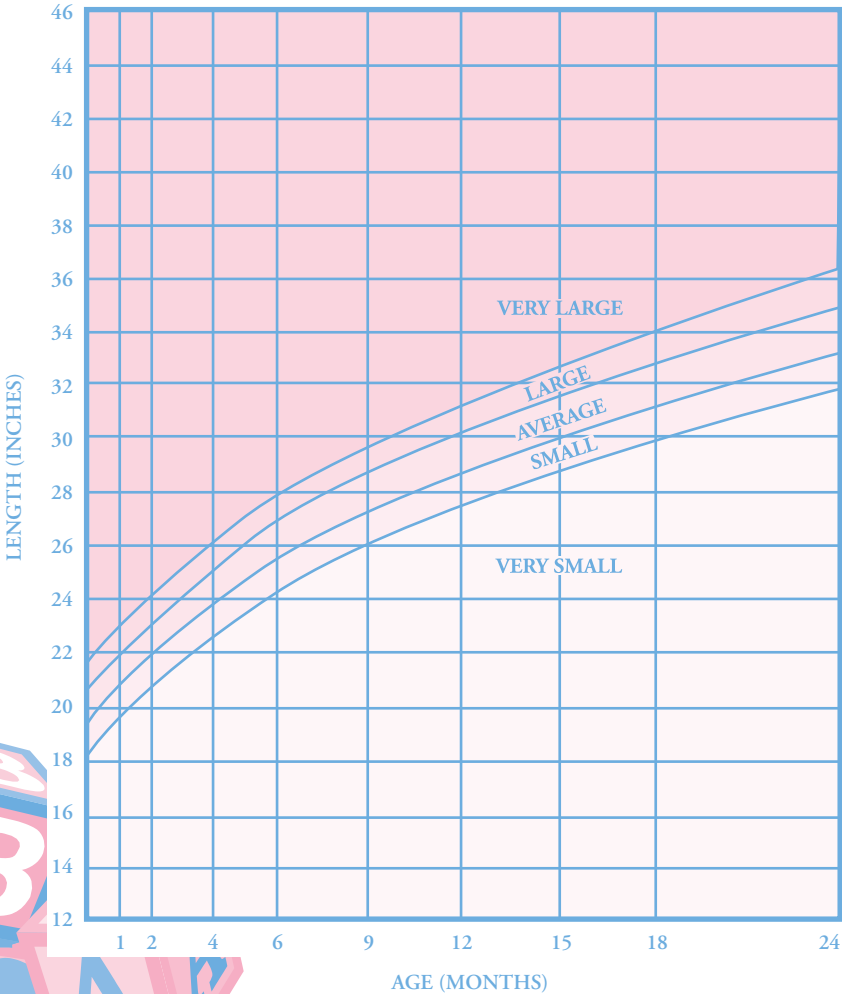




# Tracking my baby girl's growth

*When you take your baby for a checkup, she will be weighed and measured. Tracking your baby's growth on the charts on these pages can help you remember. It will provide a record if you see more than one health care provider.*

GIRLS FROM BIRTH TO 24 MONTHS  
LENGTH FOR AGE

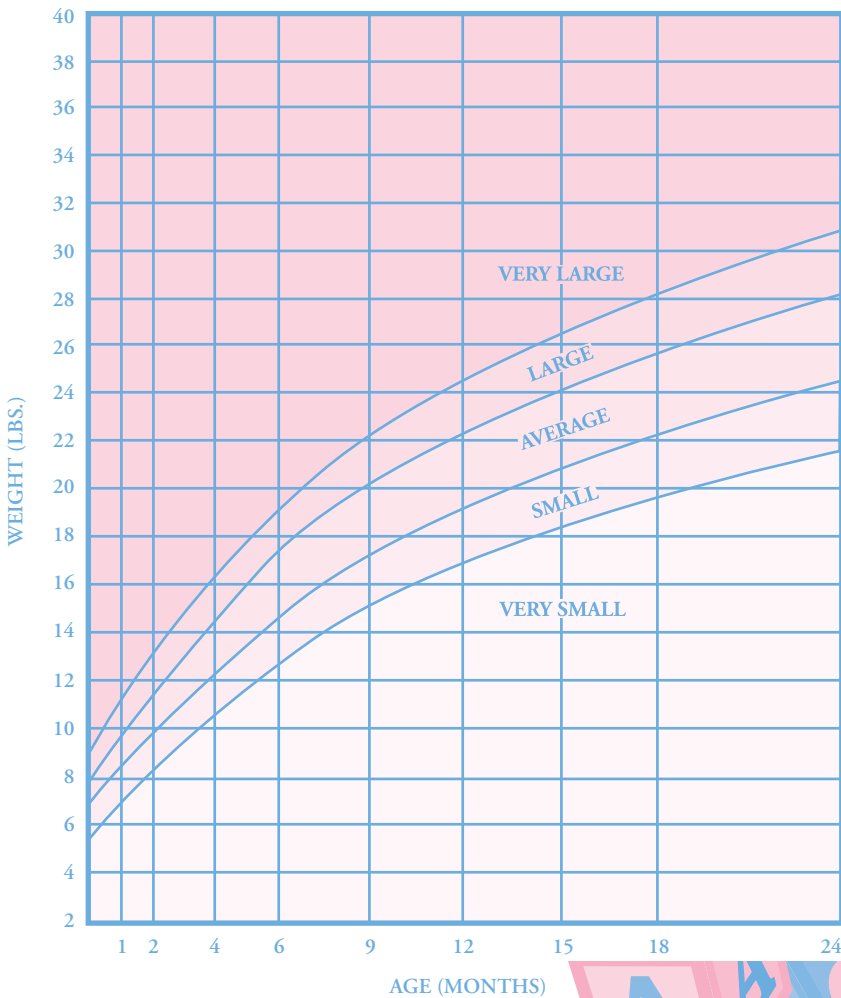




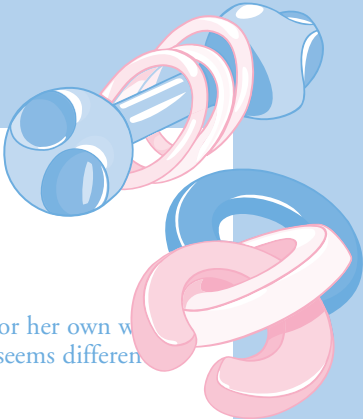
Ask for help if you need it to fill in your baby's weight and length at each checkup.

by's steady growth in height and weight is one of the best signs that she is healthy. It is regular growth that counts, more than how much or how fast. Ask your baby's health care provider any questions you may have about your baby's growth.

GIRLS FROM BIRTH TO 24 MONTHS  
WEIGHT FOR AGE







# My baby's firsts

Here are some things  
you and your family  
can look forward to  
your baby doing. Write  
down the date you first  
see your baby doing  
them.

- Each baby grows in his or her own way. Don't worry if your baby seems different from other babies.
- Ask your baby's health care provider if you have a question about what your baby is doing.
- If your baby was born early, he or she may develop a little later in some ways.
- Babies ahead of or behind the average times given here can still be developing normally.

## BY ABOUT 6 WEEKS

- Pays attention to sounds and makes a few sounds other than crying.
- Looks at mobiles and faces.
- Smiles when you smile or play.

## DATE FIRST SEEN

---

---

---

## BY ABOUT 5 MONTHS

- Rolls over.
- Holds head upright while lying on stomach.
- Laughs and giggles.
- Reaches for and holds objects.

---

---

---

---





## BY ABOUT 8 MONTHS

DATE FIRST SEEN

■ Sits without support when placed in a sitting position.

■ Creeps (pulls body with arm and leg kicks).

■ Responds to own name.

## BY ABOUT 10 MONTHS

■ Stands, holding on.

■ Pushes arms through for dressing.

■ Understands "no."

■ Plays peek-a-boo.

## BY ABOUT 12 MONTHS (1 YEAR)

■ Walks, holding on to something.

■ Copies your speech.

■ Waves bye-bye.

## BY ABOUT 18 MONTHS

■ Says 20-30 words.

■ Drinks from a cup on own; uses spoon.

■ Plays with a ball, stacks blocks.

## BY ABOUT 24 MONTHS (2 YEARS)

■ Runs well.

■ Says too many words to count.  
Puts words together.

■ Feeds self with spoon or fork.

■ Likes to "help" with chores.



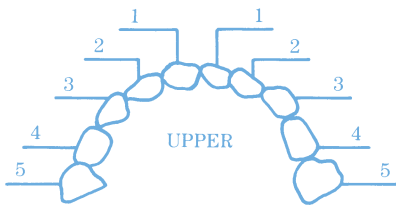
# My baby's teeth



Write in on the lines  
below the date you first  
saw each of your baby's  
teeth.

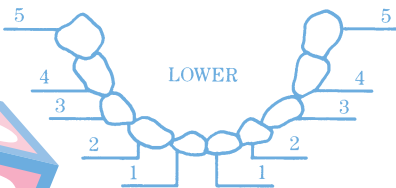
- Do not worry if your baby's teeth come in earlier or later than the dates shown here. Babies can chew most baby foods with their gums!
- Clean your baby's teeth gently as soon as they appear. Use a soft toothbrush, soft cloth or gauze at least once a day, after feeding.
- Be sure that your baby is getting fluoride from the water supply or from drops to help protect against cavities.
- Do not put your baby to bed with a bottle to help him or her sleep. Sugar in drinks — even milk and formula — that stays in your baby's mouth can cause baby bottle tooth decay.

## AS YOU FACE YOUR CHILD ...



BABY'S RIGHT

BABY'S LEFT



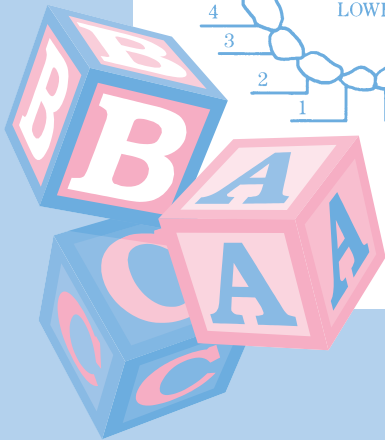
### UPPER

- Central Incisor (about 7½ mo.)
- Lateral Incisor (about 9 mo.)
- Cuspids (about 18 mo.)
- First Year Molar (about 14 mo.)
- Second Year Molar (about 24 mo.)

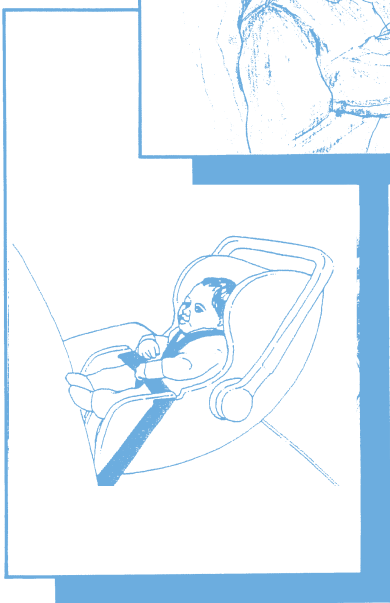
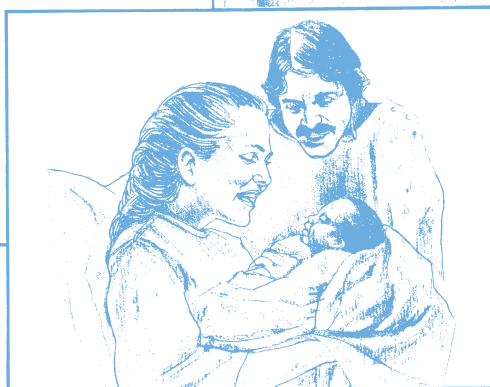
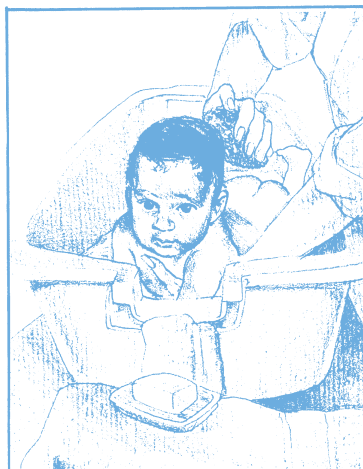
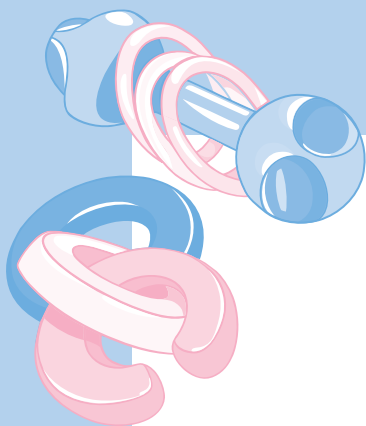
### DATE TOOTH APPEARS

### LOWER

- Second Year Molar (about 20 mo.)
- First Year Molar (about 12 mo.)
- Cuspids (about 16 mo.)
- Lateral Incisor (about 7 mo.)
- Central Incisor (about 6 mo.)











## 2 weeks

### YOUR BABY AND YOU ...

*Talking with your baby's health care provider is the most important part of each checkup. The care provider will want to discuss with you concerns you have. Between visits, write down your questions so that you can remember to ask them at your next visit.*

- Baby's navel should be healed about 2 weeks after birth. If your baby boy is circumcised, he should heal in 1-2 weeks.
- Some babies will sleep almost all of the time.
- Baby will eat every 2-3 hours.
- Most new parents are tired. Try to rest when your baby sleeps.
- Don't let people smoke around your baby. Your baby's lungs are delicate. Babies are not as resistant to respiratory infections as their parents.
- Never leave your baby alone in a room (except in a crib or playpen), outside, in a bath, or in a car.
- Check the temperature of your baby's bath water by dipping your elbow in the water. The water should feel warm but not hot.

### Questions I want to ask:

1. *How do I know my baby is getting enough to eat?*
2. *How much should my baby sleep?*
3. *Will my baby need fluoride drops to protect his/her teeth?*
4. \_\_\_\_\_

### Advice and answers to my questions:

---



---



---





# First newborn health checkup visit

Ask any questions you have about what an immunization (shot) or test is for, about the baby's reaction, or about the results.

Record each immunization your baby gets on page 82.

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age (weeks): \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Newborn Screening

☐ Blood Type \_\_\_\_\_

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## 2 months

### YOUR BABY AND YOU ...

- Most babies gain about a 1/2 pound a week during the first few months.
- It is important to talk to your baby when you feed, change, bathe, or play with him or her and listen when your baby makes sounds. Your baby will begin to respond to you, smiling and squealing as you talk to him or her.
- Your baby wiggles a lot and can roll off of a flat surface. Never leave or turn your back on a baby who is on a table, bed, counter, or chair.
- Always use the car safety seat. Check the instructions or ask for help if you are not sure how to use it correctly.
- If you plan to go back to work, it is important—for you and your baby—to feel that you have made the right choice of child care. Talk to your baby's health care provider if you have questions about child care. Your local health department may have a list of child care providers.

#### Questions I want to ask:

1. *What reactions should I look for after my baby's shots?*
2. *When should I start giving my baby solid food?*
3. *How can I continue to breast feed when I return to work?*
4. \_\_\_\_\_

#### Advice and answers to my questions:

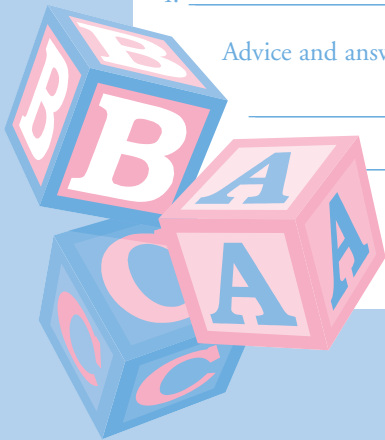
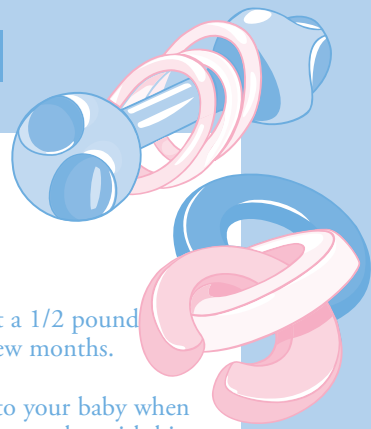
---



---



---





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Hib

☐ Polio

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to chart  
your baby's growth on  
pages 54 and 55 (for  
boys) or pages 56 and  
57 (for girls).*



## 4 months

### YOUR BABY AND YOU ...



- Your baby may begin to hold his or her head up while lying on the stomach. Soon, your baby will be able to roll over.
- Your baby will soon move around quickly, hold and put things in his or her mouth. Watch your baby closely. Be sure all objects small enough to fit in baby's mouth are out of reach.
- Always use safety straps on a high chair or any baby seat.
- Breast milk and formula are complete foods—all your baby needs for the first 5 to 6 months.

■ It is impossible to "spoil" your baby, or give your baby too much love. You and your family should enjoy cuddling and playing with your baby.

Questions I want to ask:

1. *Is my baby growing normally?*
2. *How often should I bathe my baby?*
3. *How can my other children help me with the baby?*
4. \_\_\_\_\_

Advice and answers to my questions:

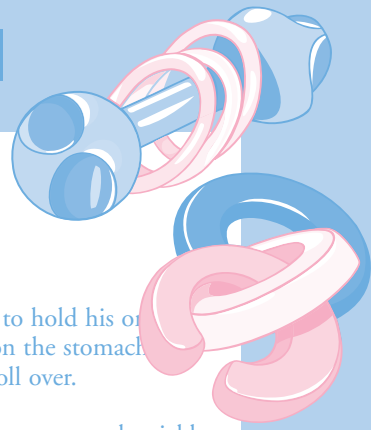
---



---



---





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Hib

☐ Polio

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


*Remember to record  
all illnesses and  
immunizations on  
pages 81 and 82.*



## 6 months

### YOUR BABY AND YOU ...

- Your baby may begin to stretch his or her arms out to be picked up.
- Let your baby try drinking from a cup.
- Most babies gain about 1 pound a month for the next 6 months.
- First teeth appear about now, but they could come in sooner or later.
- Cover all unused electric outlets with safety caps or tape. Keep all electric cords out of baby's reach.
- Talk to your baby's health care provider if you think that your baby has been around chipping or flaking paint. Old paint may contain lead. Babies who chew or swallow lead paint can get sick.

Questions I want to ask:

1. *What should I do to make my home safe for my baby?*
2. *What should I do if teething makes my baby fussy?*
3. *How can I get my baby to sleep through the night?*
4. \_\_\_\_\_

Advice and answers to my questions:

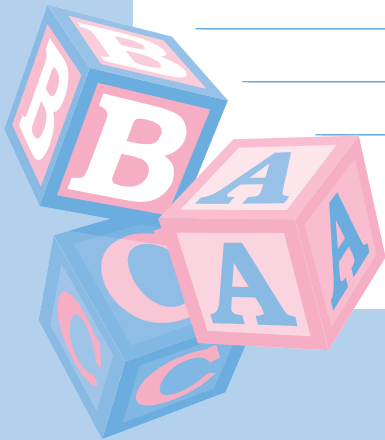
---



---



---





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Hib

☐ Polio

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


*Ask any questions you  
have about what an  
immunization or test is  
for or about the results.*



# 9 months

## YOUR BABY AND YOU ...



- Your baby can sit up now when placed in a sitting position.
- Soon your baby will sit up on his or her own, crawl, and stand.
- Any baby who can crawl must be kept away from stairways and things that can be pulled over.
- Baby-proof all cupboards and drawers that are in baby's reach. Keep all hot foods, hot pans, cleaners, medicines, liquor, bug sprays, and cosmetics out of reach.
- Do not leave a bottle of formula or juice with your baby to help him or her sleep. The sugar in these drinks that stays in your baby's mouth can cause baby bottle tooth decay, also known as early childhood caries.

Questions I want to ask:

1. *What should I do if I think my baby swallowed something harmful?*

2. *How can I get my baby to give up the bottle?*

3. \_\_\_\_\_

4. \_\_\_\_\_

Advice and answers to my questions:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Blood Test (for anemia) ☐ Hepatitis B

☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to record  
all illnesses and  
immunizations on  
pages 81 and 82.*



# 12 months

## YOUR BABY AND YOU ...

- Your baby may say a few words, wave, bye, and walk, holding on to something.
- When your baby starts to walk, remember to block off stairs.
- Your baby will likely eat most of what the rest of the family eats. Chop or mash it into small pieces. Avoid hot dog pieces, raisins, peanuts, popcorn, whole grapes, or other food that will be hard to chew or could cause choking.
- Talk with your baby's health care provider about switching from breast milk or formula to whole milk. Replace your baby's bottle with a drinking cup.

- Talk with your dentist about when your child should be seen for their first oral health checkup.

Questions I want to ask:

1. *How do I teach my baby what "no" means?*
2. *Does my baby need vitamins?*
3. *When should I take my baby to the dentist?*
4. \_\_\_\_\_

Advice and answers to my questions:

---



---



---





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ TB skin test    ☐ Hib

☐ MMR    ☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Remember to chart  
your baby's growth on  
pages 54 and 55 (for  
boys) or pages 56 and  
57 (for girls).*



# 15 months

## YOUR BABY AND YOU ...

- Your baby is probably walking, feeding or herself using a spoon and cup, and saying more words.
- Keep small, mouth-sized objects out of baby's reach.
- Your baby will grow more slowly from now on, and may eat less.
- Talk with your baby's health care provider if you have questions about what and how much your baby is eating.

### Questions I want to ask:

1. *What do I do if my baby has a "temper tantrum"?*

2. *How can I play with my baby?*

3. \_\_\_\_\_

4. \_\_\_\_\_

### Advice and answers to my questions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ MMR

☐ Polio

☐ Hib

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

Problem

Date

Advice/Treatment


*Ask any questions you  
have about what a  
shot or test is for or  
about the baby's  
reactions to them.*



## 18 months

## YOUR BABY AND YOU ...

- Your baby will try taking off his or her clothes.
- Your baby may let you know what he or she likes and does not like.
- Your baby will point to his or her body parts when you ask "where is your (nose)?" Your baby can follow some simple directions (such as "get the ball").
- As your baby gets older, sleeping patterns may change. Talk with your baby's health care provider if you have questions or concerns about naps and bedtime.

Questions I want to ask:

1. *When should I begin toilet training?*
2. *How can I get my baby to behave?*

3. \_\_\_\_\_

4. \_\_\_\_\_

Advice and answers to my questions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ DTP

☐ Polio

☐ Hepatitis B

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

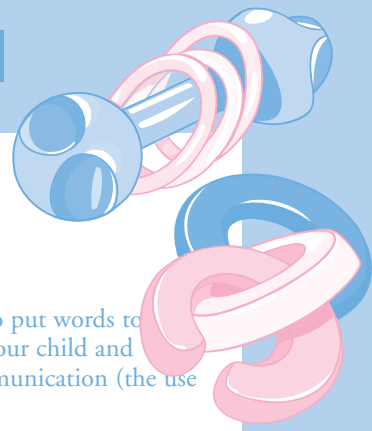
Problem

Date

Advice/Treatment


*Remember to record  
all illnesses and  
immunizations on  
pages 81 and 82.*





## 24 months

### YOUR BABY AND YOU ...

- Your baby is starting to put words to use. It is fun to talk with your child and encourage verbal communication (the use of words).
- Your child may be able to climb stairs alone and open doors.
- Watch your toddler closely to keep him or her away from unsafe areas.
- It is important that your child have all the "shots" recommended for an infant.

Place  
your child's  
photo here.

Questions I want to ask:

1. *Where can I find out about preschools?*

2. \_\_\_\_\_

3. \_\_\_\_\_

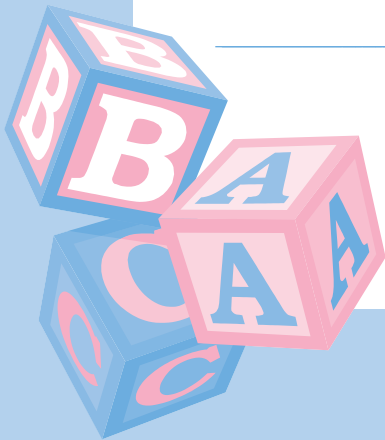
4. \_\_\_\_\_

Advice and answers to my questions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# My baby's health checkup visit

Date: \_\_\_\_\_

Name of Health Care Provider Seen: \_\_\_\_\_

Baby's Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Tests/Immunizations:

☐ Test for lead exposure

List any other tests/shots/developmental screening your baby had: \_\_\_\_\_

Date of Next Appointment: \_\_\_\_\_

Other visits or problems since my appointment:

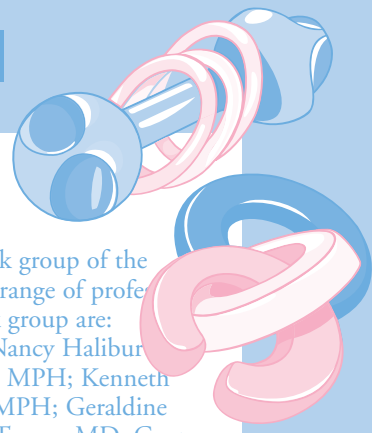
Problem

Date

Advice/Treatment


*Remember to chart  
your baby's growth on  
pages 54 and 55 (for  
boys) or pages 56 and  
57 (for girls).*





## Acknowledgements

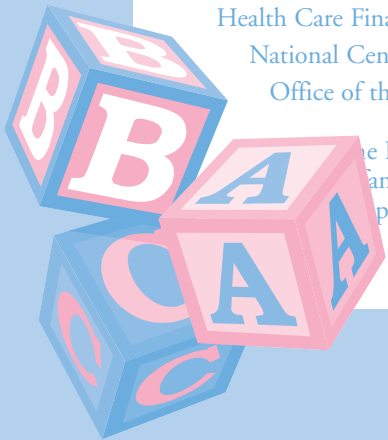
The *Health Diary* was planned and developed by a work group of the Maternal and Child Health Bureau that brought a broad range of professional training and experience to the task. Members of the work group are: Stephanie Dort Bryn, MPH; Susan Givens, RN, MPH; Nancy Haliburton, RN, MSN; David Heppel, MD; Vince L Hutchins, MD, MPH; Kenneth Keppel, PhD; Woodie Kessel, MD, MPH; Laura Kruse, MPH; Geraldine Norris, RN, MSN; Julia Plotnick, RNC, MPH; Barbara Tausey, MD; George Walter, MPH; and Ina Heyman, editor.

The text was written by Elaine Bratic Arkin. The book was designed by Laurel A. Vaughan, with illustrations by Martha Vaughan and Michael Felish. Desktop publishing was done by Cynthia Yockey and production coordinator was Kathy Holman.

The Bureau appreciates the advice of the following organizations which reviewed the *Health Diary* during stages of its development:

- American Academy of Family Physicians
- American Academy of Pediatrics
- American Academy of Pediatric Dentistry
- American College of Nurse Midwives
- American College of Obstetricians and Gynecologists
- American Nurses Association
- Association of Maternal and Child Health Programs
- Food and Nutrition Service, USDA
- Institute of Medicine, National Academy of Sciences
- National Association of Pediatric Nurse Associates and Practitioners
- National Commission to Prevent Infant Mortality
- The Organization for Obstetric, Gynecologic, and Neonatal Nurses and the
- Centers for Disease Control
- Health Care Financing Administration
- National Center for Child Health and Human Development
- Office of the Assistant Secretary for Health, USDHHS

The Bureau thanks the many pregnant women, mothers, families, and their health care providers whose advice was particularly helpful in creating the *Health Diary* for patients and providers.

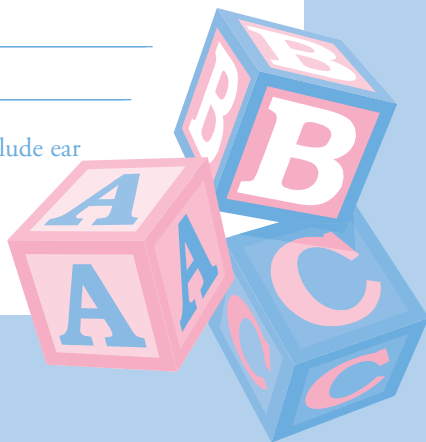




Type of Illness	Date Started/Ended	Medicine Taken	Reactions
-----------------	--------------------	----------------	-----------

[illegible]

Some illnesses you might want to record here include ear infections, skin diseases, urinary infections, strep infections, pneumonia, tonsillitis, chicken pox, rubella (German measles), mumps, and measles.





# Record of Immunizations

Type	Recommended Age	Date Given	Where Given	Reaction
1. DTP (diphtheria, tetanus, pertussis)	2mos.			
DTP	4 mos.			
DTP	6mos.			
DTP	15 mos <sup>b</sup>			
DTP	4-6yrs. (before school)			
2. Polio	2 mos.			
Polio	4 mos.			
Polio	6 mos. <sup>c</sup>			
Polio	4-6 yrs. (before school)			
3. MMR (measles, mumps, rubella)	12-15 mos.			
MMR	4-6 yrs <sup>d</sup> (before school)			
4. Hepatitis B	Option 1 birth	Option 2 1-2 mos.		
Hepatitis B	1-2 mos.	4 mos.		
Hepatitis B	6 to 18 mos.			
5. Hib (Haemophilus, influenza type b)	2mos.			
Hib	4 mos.			
Hib	6 mos. <sup>e</sup>			
Hib	12 mos. - 15 mos.			
6. Tetanus/Diphtheria (adult type)	14-16 yrs. <sup>a</sup>			

<sup>a</sup>And every 10 years thereafter.

<sup>b</sup>This dose of DTP can be given as early as 12 months, at the same visit as MMR and Hib vaccines, as long as it has been at least 6 months since the previous DTP dose. Some experts recommend this dose at 18 months.

<sup>c</sup>Some experts recommend this dose between 6 and 18 months.

<sup>d</sup>Some experts prefer to give this dose of MMR vaccine at entry to middle or junior high school.

<sup>e</sup>This dose may not be required, depending on which Hib vaccine is used.

*Ask the doctor or clinic staff about what reactions to look for after a shot (immunization).*